

The 7 Levels Deep Exercise Can Be Used For Anything, I Have Added a Sample Question For You to Start With:

What is important to you about achieving the ideal you?

What is important to you about becoming successful?

Why is it important for you to _____?

Enter your answer from the above box in this question

Why is it important for you to _____?

Enter your answer from the above box in this question

Why is it important for you to _____?

Enter your answer from the above box in this question

Why is it important for you to _____?

Enter your answer from the above box in this question

Specifically, why is it important for you to _____?

Enter your answer from the above box in this question

Why is it important for you to _____?



For a snapshot, rewrite each of your answers here.
The last box on each of these sheets is your big "WHY"



HERE IS AN EXAMPLE OF HOW THE QUESTIONS WORK.

What is important to you about achieving the ideal you?

What is important to you about becoming successful?

make more money.

Why is it important for you to make more money?

Enter your answer from the above box in this question

get out of debt.

Why is it important for you to get out of debt?

Enter your answer from the above box in this question

stop working so hard to pay someone else.

Why is it important for you to stop working...?

Enter your answer from the above box in this question

Because I want to do things in my life with the fruits of my labor.

Why is it important for you to do things in your...?

Enter your answer from the above box in this question

To take care of my mother who is widowed and needs help.

Specifically, why is it important for you to take care of...?

Enter your answer from the above box in this question

Because she sacrificed everything to send me to college and I want to make sure she is taken care of in her Golden years.

Why is it important for you to take care of her...?

Because I want to be in control of my life so I can help those around me (who can't help themselves) know they are precious, worthy and loved.

In Summary, what is important to you about becoming successful?

The Big Why Is: So you can be in control of your life and help those around you (who can't help themselves) know they are precious, worthy and loved.